

Best for... extreme pursuits

MOAB, UTAH, USA

London Heathrow – Salt Lake City via Atlanta: from £500 (rtn), www.delta.com

THERE ARE GRANDER CANYONS, faster rapids and bigger buttes in south-west USA. But then, as we all know, it's not how big it is that matters – it's what you do with it. And around the gorges, mesas and roaring waters of the rugged Utah terrain, you can do pretty much what you like. The original locals around the Moab area were known as Utes and Ancestral Puebloans, and liked it so much they decorated it with distinctive figures etched out of the red rock. These days visitors prefer to hike, ride, clamber and bike over the rocks.

If you like to stand back and take in the views, head to Bryce Canyon, Zion or Arches National Parks for red-raw gorges and outcrops. But for most folks it's all about the adrenalin: if it's got a saddle, they'll ride it; a paddle, raft it; a handhold, climb it; or a trail, hike it. They might as well have invented mountain biking here, and if you're not buzzed up enough with self-powered speed, you can skydive, jetboat or steer a 4WD between the mesas and pinnacles.

It's best to base yourself in Moab; that way you can get up early, grab your chalkbag and get climbing. Head for Wall Street, a face a few kilometres west, or further south to the cliffs around Indian Creek.

"THEY MIGHT AS WELL HAVE INVENTED MOUNTAIN BIKING HERE"

Utah is the perfect place for everything from climbing to rafting and hiking to biking

Pack these...



Meindl Response XCR
£100
bramwell-int.co.uk
Tough, light, waterproof, stable: all the things you're not, but which are very good traits to have in a shoe when you're hiking or biking across some challenging terrain.



Oakley 00 Polarized Jawbone
£240
www.oakley.com
With special lenses to maximise your peripheral vision and reduce desert glare, these tough shades look like just the type of thing you should be wearing when doing stupidly dangerous things.



Kodak Playsport
£130
www.kodak.co.uk
Waterproof to 3m, droppable, with image stabilisation and Glare Shield, this will catch your co-commentators' 360s in 1080p HD and survive to tell the tale in superb detail and vivid colours.

Do this...

1 HIT THE TRAILS

Mountain-bike the trails around Moab – ride the local slickrock or take on the Canyonlands daddy: White Rim Road, a 110km, three to four-day trail around the massive mesa called Island in the Sky.

2 RIDE THE RAPIDS

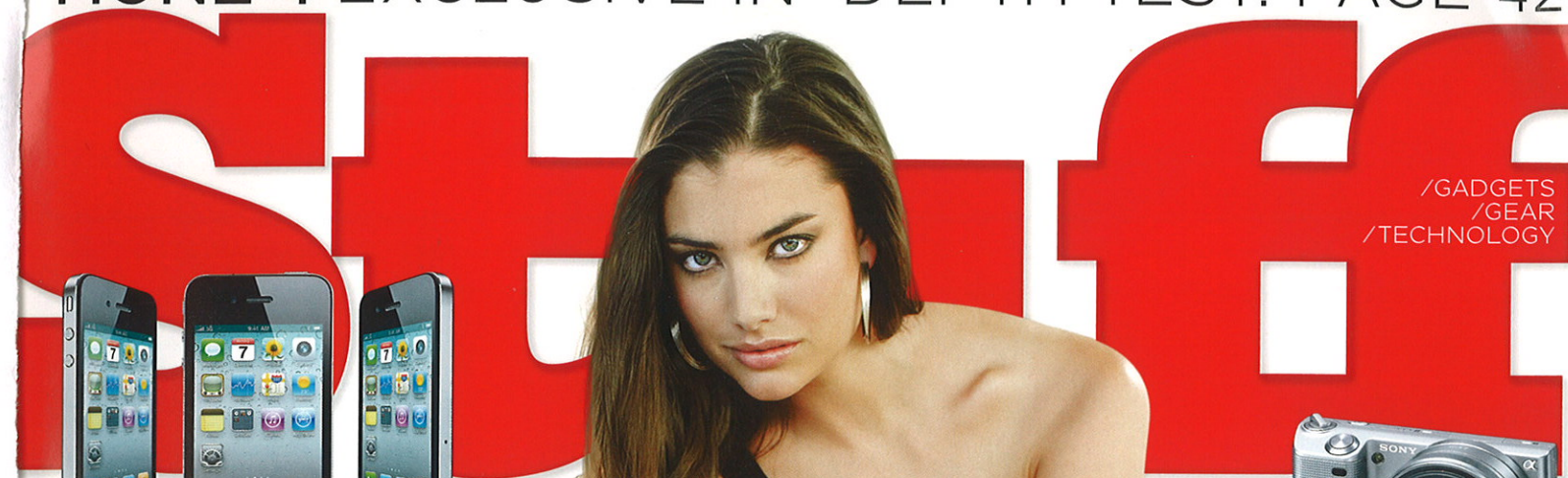
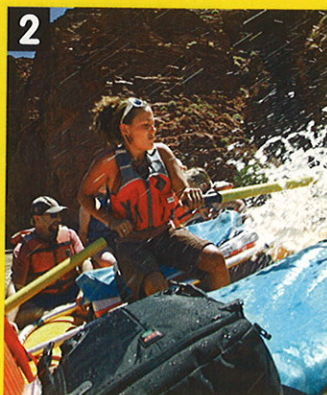
Raft the Colorado River. You will face up to the Class V rapids at Cataract Canyon on a one to five-day trip, or have a much more chilled out time with the mellower floats near the city of Moab.

3 TAKE A HIKE

Hike to the intricate pictographs of Horseshoe Canyon's Great Gallery. Keep an eye out for the lifesize figures carved out of the rock – some of them at the end of this 9km round hike are 4000 years old.

4 TRY CANYONING

Absell, squeeze and splash your way through the gorges around Moab on a canyoning expedition, past weirdly eroded hoodoos and through narrow chimneys – try Entrajo or Pleiades Canyons.



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